

## Manuals+

[Q & A](#) | [Deep Search](#) | [Upload](#)

manuals.plus /

› [Goplus](#) /

› [Goplus 2-in-1 Folding Treadmill, 2.25HP Under Desk Electric Treadmill, Model AS10 User Manual](#)

## Goplus AS10

# Goplus 2-in-1 Folding Treadmill (Model AS10)

## USER INSTRUCTION MANUAL

### 1. Important Safety Information

---

Please read all instructions carefully before using the Goplus 2-in-1 Folding Treadmill. Retain this manual for future reference.

- Always ensure the safety key is properly attached to your clothing during operation. The treadmill will stop if the safety key is dislodged.
- Keep children and pets away from the treadmill during operation.
- Ensure the treadmill is placed on a flat, stable surface with adequate clearance around it.
- Do not operate the treadmill if it has a damaged cord or plug, or if it is not working correctly.
- Before folding the treadmill, ensure the handles are removed to prevent damage and allow for compact storage.
- Consult a physician before starting any exercise program.

### 2. Package Contents

---

Verify that all components are present in the package:

- Goplus 2-in-1 Folding Treadmill (Main Unit)
- Remote Control
- Phone Holder
- Safety Key
- Lubricant Oil (for belt maintenance)
- User Manual

### 3. Product Overview

---

The Goplus 2-in-1 Folding Treadmill offers versatile exercise options with its dual operating modes and compact design.

### 3.1 Dual Operating Modes

This treadmill features two distinct modes to suit your fitness needs:

- **Walking Mode:** When the handlebar is folded down, the treadmill operates at speeds of 1-4 km/h (0.6-2.5 MPH), ideal for walking while working or light exercise.
- **Running Mode:** With the handlebar raised, the treadmill supports speeds of 1-12 km/h (0.6-7.5 MPH), suitable for jogging and running to achieve your fitness goals.



Figure 3.1: Treadmill in Running Mode (left) and Walking Mode (right)

### 3.2 Powerful and Quiet Motor

Equipped with a 2.25HP motor, the treadmill provides sufficient power for both walking and running while maintaining a quiet operation, making it suitable for home and office environments without causing disturbance.

### 3.3 Advanced Running Belt

The 5-layer non-slip texture running belt (40" x 16") is designed for comfort and safety, offering shock

absorption and noise reduction. This multi-layer design protects your knees and muscles during workouts.

# High-tech & High density Texture Running Belt

Specially designed with a high-density texture belt that absorbs shock for premium comfort with non-slip feature for maximum safety

1. Wear Resistant Surface
2. Sound Insulation Layer
3. High Strength Support Layer
4. Shock Absorbing Layer
5. Compression Layer

**Toughness Shock Absorption**      **Multilayer Damping**      **Springback to Boost**

Figure 3.2: 5-Layer Running Belt Construction

### 3.4 Integrated Display and Controls

The LED display clearly shows essential workout data including time, speed, distance, and calories. The treadmill also features a Bluetooth speaker for audio playback, a phone holder for device placement, and a remote control for convenient speed adjustments and instant stops.



Figure 3.3: LED Display, Bluetooth Speaker, and Remote Control

### 3.5 Compact and Foldable Design

The treadmill's compact and foldable design, along with built-in transport wheels, allows for easy movement and storage, saving space in your home or office.

# Toilless Full Folding for Convenient Storage

Make the most of your home space and does not affect the home appearance



Figure 3.4: Folding and Storage of the Treadmill

## 4. Setup

The Goplus 2-in-1 Folding Treadmill is designed for installation-free setup. Simply unpack and prepare for use.

1. **Unpacking:** Carefully remove the treadmill from its packaging.
2. **Placement:** Place the treadmill on a level, stable surface. Ensure there is sufficient space around the unit for safe operation.
3. **Handlebar Setup (for Running Mode):** If you intend to use the running mode, raise the handlebar until it locks into position.
4. **Handlebar Removal (for Walking Mode/Storage):** To use walking mode or store the treadmill, the handles need to be removed. This typically involves unscrewing or releasing a locking mechanism. Refer to the specific instructions for your model for detailed steps.
5. **Power Connection:** Plug the power cord into a grounded electrical outlet.
6. **Safety Key:** Attach the safety key to the designated slot on the treadmill and clip the other end to your clothing.

## 5. Operating Instructions

---

## 5.1 Starting and Stopping

- Ensure the safety key is in place.
- Press the 'Start' button on the remote control or the treadmill console. The treadmill will begin at a low speed.
- To stop, press the 'Stop' button on the remote control or pull the safety key.

## 5.2 Adjusting Speed

Use the '+' and '-' buttons on the remote control to increase or decrease the speed. The speed range depends on the operating mode:

- **Walking Mode:** 0.6 MPH - 2.5 MPH
- **Running Mode:** 0.6 MPH - 7.5 MPH

## 5.3 Bluetooth Connectivity

To connect your device to the treadmill's Bluetooth speaker:

1. Turn on Bluetooth on your smartphone or tablet.
2. Search for the treadmill's Bluetooth name (e.g., 'Treadmill' or 'Goplus').
3. Pair your device. You can now play music through the treadmill's speakers.
4. To disconnect, touch and hold the '-' button on the treadmill for 30 seconds.

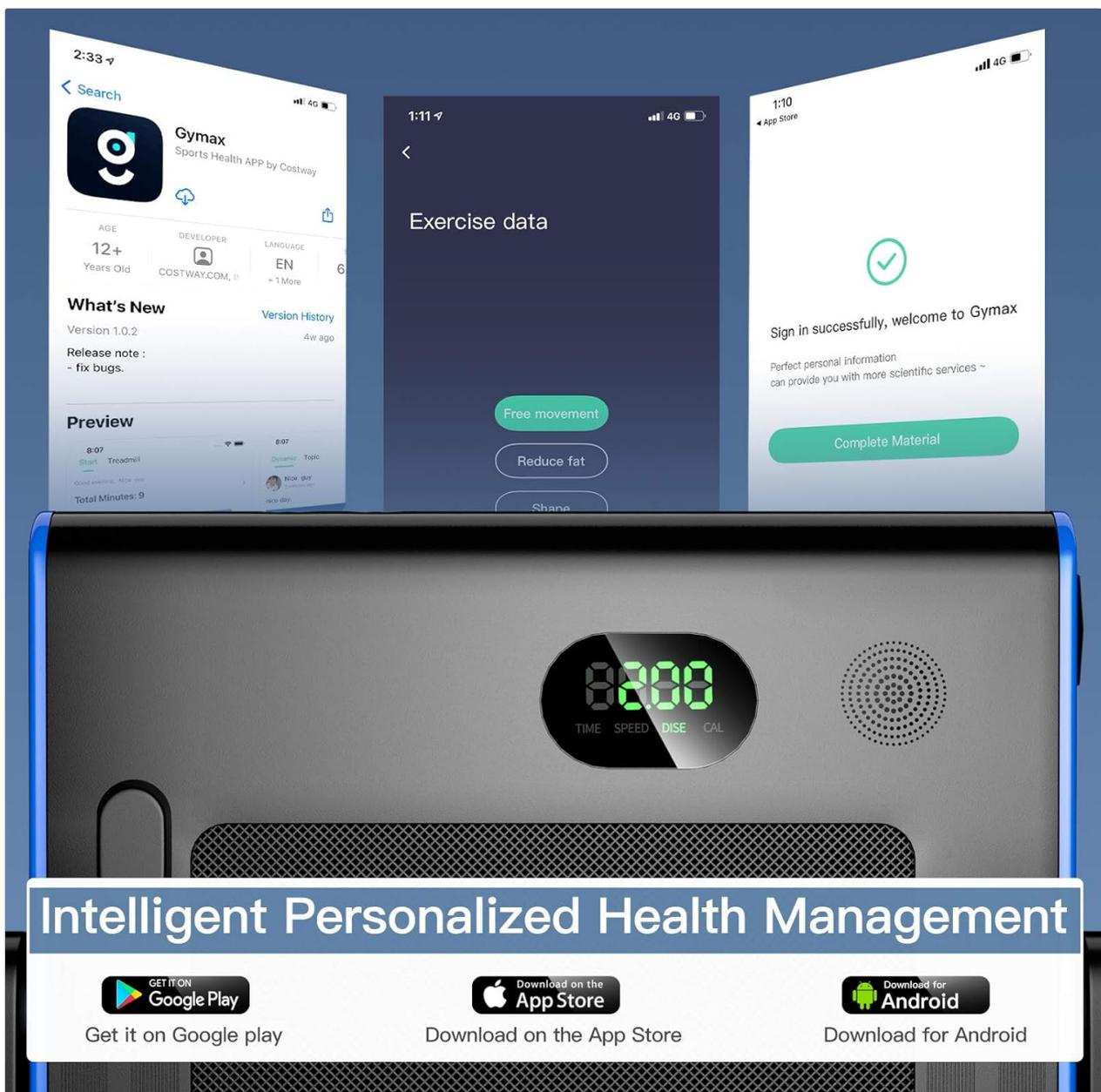


Figure 5.1: Gymax App for Health Management

#### 5.4 Using the Phone Holder

Place your smartphone or tablet in the integrated phone holder on the console for easy viewing during your workout.

#### 5.5 Adjusting Inclination

The treadmill's inclination can be slightly adjusted by rotating the foot mats at the rear of the unit. This allows for a minor change in the workout intensity.



Figure 5.2: Adjusting Treadmill Inclination

## 5.6 Product Video Overview

Watch this official product video for a visual guide on the Goplus 2-in-1 Folding Treadmill's features and operation.

This video demonstrates the key features of the Goplus 2-in-1 Folding Treadmill, including its dual modes (walking and running), compact storage, smart app connectivity, and remote control operation.

## 6. Maintenance

Regular maintenance ensures the longevity and optimal performance of your treadmill.

- **Lubrication:** The running belt requires periodic lubrication. Apply the provided silicone lubricant under the belt as instructed in the separate lubrication guide (if included) or as recommended by the manufacturer. A common recommendation is to lubricate weekly with heavy use.
- **Cleaning:** Wipe down the treadmill surfaces with a damp cloth after each use. Avoid using abrasive cleaners.
- **Belt Adjustment:** If the running belt shifts to one side or feels loose, it may need adjustment. Refer to the manufacturer's guidelines for proper belt tensioning and alignment.

- **Dust Removal:** Periodically remove the motor housing (if accessible and safe to do so) to clean dust from internal components using a soft brush or compressed air. Dust accumulation can affect electronics and motor performance.

## 7. Troubleshooting

---

Here are solutions to common issues you might encounter:

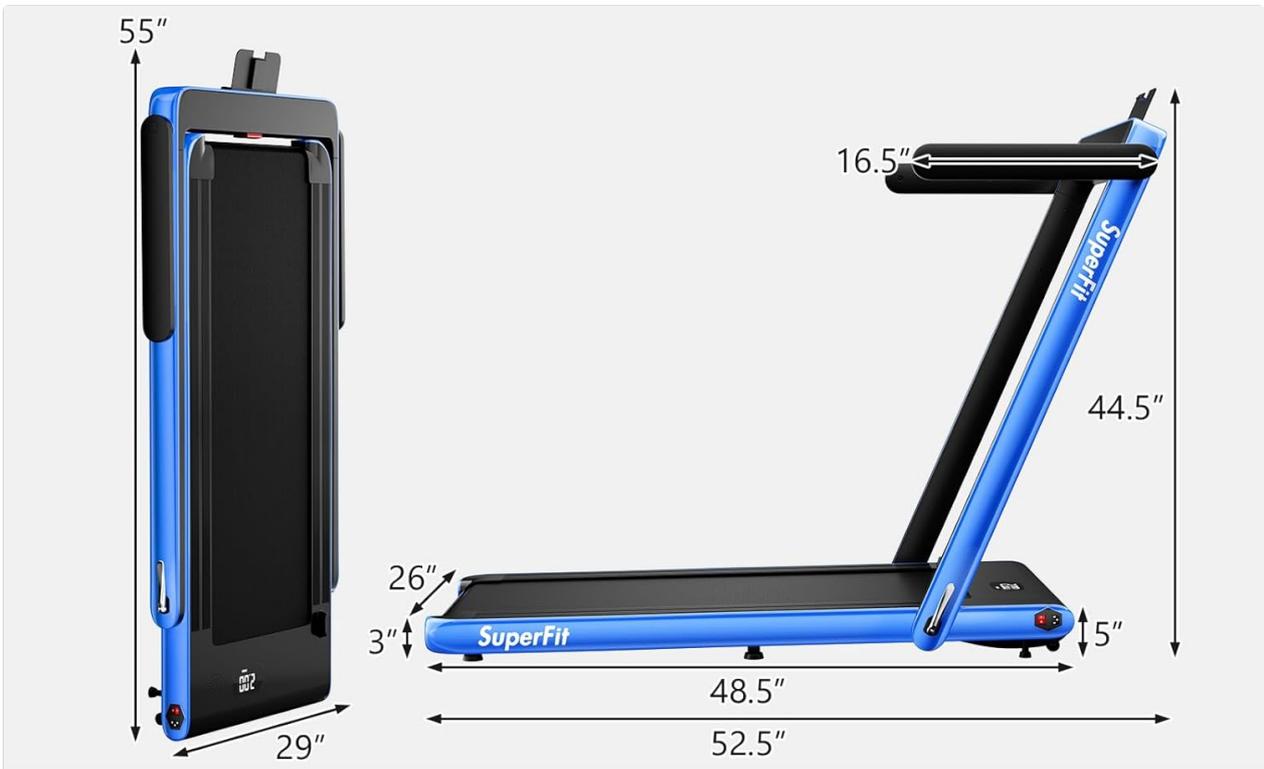
Problem	Possible Cause	Solution
Treadmill does not start / E05 error	Safety key not in place.	Ensure the safety key is correctly inserted into its slot and clipped to your clothing.
Remote control not responding	Low battery or loose battery connection.	Check and replace the remote control battery. Ensure the battery is seated firmly.
Running belt shifts or makes noise	Belt misalignment or lack of lubrication.	Adjust the running belt tension and alignment according to the manufacturer's instructions. Apply lubricant if needed.
Unusual noise from motor area	Dust accumulation or worn belt.	Clean dust from the motor area. Inspect the belt for wear and tear; replace if necessary.
Bluetooth connection issues	Device not paired or interference.	Ensure Bluetooth is enabled on your device and the treadmill. Try re-pairing. Disconnect by holding '-' for 30s if needed.

If you encounter issues not listed here or if solutions do not resolve the problem, please contact Goplus customer support.

## 8. Specifications

---

Detailed technical specifications for the Goplus 2-in-1 Folding Treadmill (Model AS10).



Color	<span style="color: blue;">■</span> <span style="color: red;">■</span> <span style="color: gray;">■</span> <span style="color: green;">■</span> <span style="color: white;">■</span> <span style="color: gold;">■</span> <span style="color: black;">■</span>
Power	2.25HP
Sound	< 60db
Load Bearing	265Lbs
Shock Absorption	Multilayer Rebound Damping
Running Area	16inch x 39.3inch
Walking Speed	0.6MPH-2.5MPH
Running Speed	0.6MPH-7.5MPH
Remote Control	Yes

Figure 8.1: Product Specifications and Dimensions

Feature	Detail
Product Dimensions	133.35 x 73.66 x 113.03 cm (52.5 x 29 x 44.5 inches)
Packed Size	132 x 68 x 12.7 cm
Item Weight	31.52 kg (69.5 lbs)
Maximum Weight Capacity	265 Pounds
Motor Horsepower	2.25 HP
Walking Speed Range	0.6 - 2.5 MPH (approx. 1-4 km/h)
Running Speed Range	0.6 - 7.5 MPH (approx. 1-12 km/h)
Running Area	40" x 16"
Frame Material	Alloy Steel
Display Type	LCD (2 Inches)

Feature	Detail
Number of Programs	12
Special Features	Foldable, Bluetooth Speaker, Remote Control, Phone Holder
Power Source	Corded Electric

## 9. Warranty and Support

---

For warranty information, product support, or to purchase replacement parts, please contact Goplus customer service. Refer to your purchase documentation for specific warranty terms and contact details. You can also visit the official Goplus website or contact the seller (GoplusCA) for assistance.

This product is eligible for return or refund within 30 days of receipt, subject to seller policies.